

Cyclocryotherapy or Laser Cyclophotocoagulation

For patients going home after their procedure

Read this booklet to learn:

- how to care for yourself at home
- how to cope with pain
- what activities are safe
- what to do in case of emergency
- when to see the surgeon for follow up



You have had an anesthetic or narcotic medicine.

- Do not drive a car or drink alcohol for 24 hours.
- Have an adult stay with you overnight.



What is cyclocryotherapy or cyclophotocoagulation?

Cyclocryotherapy or cyclophotocoagulation is a procedure to help treat an eye disease called **glaucoma**. After surgery, your eye will make less fluid to help lower the pressure in your eye and prevent more damage and loss of sight.



What can I eat and drink after my procedure?

You can eat and drink as usual when you get home.

If you are feeling nauseated (sick to your stomach) or vomiting, you can:

- Buy non-prescription anti-nausea medicine such as Gravol from your local pharmacy. You can take it as a pill or rectally. Always follow the instructions on the package.
- Keep drinking fluids until the nausea passes. Then gradually return to your normal diet.



How much activity is safe?

You can go home and rest today. The next day you can go back to your usual activities.

It's safe to bend, stoop, cough, bathe, walk outside, and watch TV.



Things you should NOT do

- No tiring physical activities or sports such as:
 - swimming, jogging, aerobics, gardening or shovelling snow
- Do not drive a car
- Do not do anything that would put pressure or strain on your eye
- Do not lift anything heavier than 5 kilograms (10 pounds)

Your surgeon will tell you when you can drive, go back to work, and play sports.

How do I take care of my eye?



- Do not touch or rub your eye after this procedure.
- It will take 6 to 8 weeks for your eye to heal.
- If you have eye glasses, wear them during the day.
- Wear sunglasses when you go outside.

As you heal, these symptoms are normal and will slowly get better:

- Your eye will be sore. Your eye may ache and feel like there is something in it.
- Your eye may be red and teary.
- You may develop bruising around your eye.
- Your eye may be sensitive to light.
- Your eyesight may be blurry for up to 6 weeks.
- There may be some blood mixed with tears in your eyes. Gently wipe away any tears and/or blood with a clean tissue.

Eye drops

Your doctor will give you a prescription for new eye drops. Take the prescription to a pharmacy to have it filled right away. Start using the new drops as soon as you get home.

Continue to use your usual glaucoma drops in both eyes, including the eye you had surgery on unless your doctor gives you other instructions. (These are the drops you used before surgery.)

Bring your eye drops or eye ointment with you to all follow-up appointments.

Important: Not all pharmacies carry these drops. You can get them at the Shoppers Drug Mart on the 1st floor of Toronto Western Hospital.



When can I shower or bathe?

- You can take a shower or take a bath 24 hours after your procedure.
- Do not get water or soap in your eye. Keep your eye closed while you shower.
- Use a clean washcloth every time and use normal tap water to clean liquid from your lashes or the corner of your eye.
- Do not wash your eye with any store bought eyewash.
- Always wash your hands with soap and water before putting drops in your eyes.

How do I cope with pain?

You may have pain after this procedure. The pain should get better in a few days.

If your eye is uncomfortable, take the pain medicine that was prescribed to you by your surgeon. Take the prescription to your pharmacy to have it filled and follow the instructions on the bottle, or take Tylenol Extra Strength and follow the instructions on the bottle.

When can I take my usual medicines again?

If you have not taken your usual daily medicines, take them as soon as you get home.

What if I am constipated?

Pain medication can make you constipated. To prevent constipation:

- Drink 3 to 5 glasses of fluid a day (each glass should be about 8 ounces).
- Eat foods that are high in fibre such as bran, fruit and vegetables.
- If you have not had a bowel movement for 72 hours, take a laxative like Milk of Magnesia and follow the instructions on the bottle. You can buy it from your pharmacy without a prescription.



Watch for these problems

Call your surgeon or your family doctor or come to the Toronto Western Hospital emergency department. If you are from out of town, go to the nearest emergency department if any of these problems below happen to you:

- Pain that does not get better after taking the pain medicine
- Vision loss or no vision in the operated eye
- A fever (temperature higher than 38 °C or 101 °F)
- Green or yellow pus coming from the operated eye

When will I have my follow-up visit?

If you do not have an appointment, call the office to schedule one.

Remember to bring your health card (OHIP card) to all your follow-up visits.

- Dr. Buys TWH East Wing – 6th floor (Room 405)
Phone: 416 603 5682
- Dr. Trope TWH East Wing – 6th floor (Room 411)
Phone: 416 603 5317

Other _____

Date: _____ Time: _____

Special instructions for you:

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